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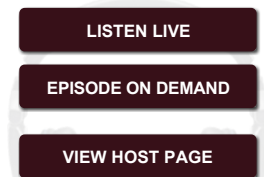
Sovereign Self
Monday at 3 PM Pacific
July 22nd 2019: End Overwhelm and Discover
your Clarity, Confidence and Ease

Zofia chats with Lena Dolter about how she found her way into her brilliance. Lena's greatest gift lies in helping women find practical ways to create space for themselves, creating routine and ritual to establish consistency, because that's what most humans lack, consistency. She helps women get out of overwhelm and into the rhythm of their body. Through her method, Woman In Flow, Lena helps you cultivate a deeper connection with yourself. When you do, you'll release self doubt, naturally feel more energized and have clarity to make the right decisions for yourself so you can be empowered.



Tune in

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Featured Guest



Lena Dolter

Lena Dolter is the expert on overwhelm. As a Clarity Coach, Lena helps driven women break free from the soul sucking grind! Whether it's a job, a relationship, or a bad habit, Lena helps you discover the clarity and confidence to trust yourself enough to move forward without fearing failure. If you want to get out of your head and into energetic flow, Lena is the coach for you!

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